

Announcements Issue

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Letter from the Editors Gratefulness All Around

Dear Friends,

It's hard to believe it's been almost a year since the first webcast in the free, monthly soul retrieval series that Geshe Tenzin Wangyal Rinpoche has been offering. What a great series this has been! If you've missed any of the webcasts, you can find them all archived [More](#)



A Letter to the Sangha Reflections and Appreciation from Tenzin Wangyal Rinpoche

Dear Sangha,

I hope that this letter finds all of you well and happy, and that your spiritual practice is developing.

As many of you know, I traveled to India in October to visit His Holiness at Menri Monastery, the dialectic school and students at Lishu Institute, and also to spend some time with the Bon students at Central University of Tibetan Studies at Sarnath, Varanasi. [More](#)



Reflections at Year's End

A Letter from Ligmincha International President Rob Patzig

It has now been almost 18 months since Ligmincha sanghas from around the world joined together to create an international organization. In that time many things have changed, and other things have not changed. Our mission, to preserve and present the teachings of Tibetan Bon Buddhism, especially as they are taught by Tenzin Wangyal Rinpoche, has not changed.

[More](#)



December 12, 2015: 'Cutting the Root of Your Pain'

Free, Full-Day Live Webcast with Tenzin Wangyal Rinpoche and Alejandro Chaoul-Reich

Join us from your home computer or other device! On Saturday, December 12, you are invited to participate in a free, daylong webcast event with Geshe Tenzin Wangyal Rinpoche and senior student Alejandro Chaoul-Reich. [More](#)



His Holiness Lungtok Tenpai Nyima Rinpoche's Health Improving

Please Continue to Do Long Life Mantra

We are happy to share the good news that the health of His Holiness Lungtok Tenpai Nyima Rinpoche, the 33rd Menri Trizin, continues to improve. Tenzin Wangyal Rinpoche shared the news that His Holiness's health is better now than when he visited His Holiness in October. [More](#)



2016 Schedule of Live Webcasts with Tenzin Wangyal Rinpoche **New! Free Six-Month Course on 'Transforming Your World Through Service'**

Great news about upcoming free live webcasts with Geshe Tenzin Wangyal Rinpoche! See the full schedule below. [More](#)



Ligmincha Learning First Large-Scale Free Online Course a Success **Future Courses Planned for 2016**

To celebrate the publication of his latest book, *The True Source of Healing*, Tenzin Wangyal Rinpoche chose to offer Ligmincha Learning's first large-scale free online course, which has been amazingly successful.

[More](#)



Transforming Our Emotions Through the Six Lokas

Ligmincha Learning Online Course Begins January 16

Ligmincha Learning is pleased to offer a seven-week online course on “Transforming Our Emotions Through the Six Lokas” from January 16–March 5, 2016. The course will give participants a thorough introduction to the Six Lokas practices of the Tibetan Bon Buddhist tradition. [More](#)



Several Upcoming Winter Retreats Still Open

Focus on Experiential Transmission of Zhang Zhung: Part 2

For those of you who wish to participate in Part 2 of the Experiential Transmission of Zhang Zhung or gain further experience, two upcoming options are available at Serenity Ridge. They include a Practice Retreat in January and another Zhang Zhung 2 retreat in February for those who are not able to participate in the December retreat. (The December retreat is now full.) [More](#)



2016 Retreats Scheduled at Serenity Ridge

Includes Four Seasonal Retreats with Tenzin Wangyal Rinpoche

Serenity Ridge Retreat Center’s four seasonal retreats with Geshe Tenzin Wangyal Rinpoche in

2016 have been scheduled, along with a special weekend retreat with Khenpo Tenpa Yungdrung Rinpoche, abbot of Triten Norbutse Monastery in Kathmandu, Nepal. [More](#)



New YouTube Videos on Enlightened Leadership

Tenzin Wangyal Rinpoche Offers Series of Nine Short Videos

A new series of short videos by Tenzin Wangyal Rinpoche on the topic of Enlightened Leadership is now available on Ligmincha YouTube. Rinpoche especially encourages sangha members throughout the world to view the videos. [More](#)



Seven GlideWing Workshops Planned for 2016

Workshops Include Personal Guidance from Tenzin Wangyal Rinpoche

Seven online workshops with Geshe Tenzin Wangyal Rinpoche are planned for 2016 through GlideWing productions. [More](#)



View Highlight from Earlier Webcast

Tenzin Wangyal Rinpoche on Reconnecting with Your Joyful Essence

Ligmincha's webcast coordinator, Polly Turner, posted a link to this gem from the first webcast in the Soul Retrieval Series given by Tenzin Wangyal Rinpoche last January, 2015. Full of wonderful inspiration and reminders!

[View five-minute video clip](#)



Meet Resident Lamas for Ligmincha Poland and Ligmincha France **Geshe Yungdrung Gyatso in Poland and Geshe Khorden Lhundup Gyaltsen in France**

Meet Ligmincha International's two resident lamas in Europe: Geshe Yungdrung Gyatso, resident lama for Ligmincha Poland, and Geshe Khorden Lhundup Gyaltsen, resident lama for Ligmincha France. These articles are condensed from interviews conducted by Ton Bisscheroux, editor of *Ligmincha Europe Magazine*. An interview with Geshe Lhundup appeared in the Autumn 2015 issue. [More](#)



Ligmincha Europe Magazine – Autumn 2015 **Another Wonderful Issue!**

[View magazine](#)



Spanish and Portuguese Translations of VOCL

Links to October Issue Now Available

[Read VOCL in Spanish](#)

[Read VOCL in Portuguese](#)



Upcoming Retreats

Serenity Ridge Retreat Center

The retreats listed below will take place at Serenity Ridge Retreat Center, headquarters of Ligmincha International, located in Nelson County, Virginia. To register or for more information, click on the links below, or contact us at sr.registration@ligmincha.org or 434-263-6304.

December 27, 2015–January 1, 2016

The Experiential Transmission of Zhang Zhung, Part 2: Introduction to the Nature of Mind with Geshe Tenzin Wangyal Rinpoche. (*This retreat is full. Consider attending the February 24–28 retreat on the same topic.*)

[Learn more](#)

January 1–3 or January 1–9, 2016

2016 Winter Practice Retreat: Experiential Transmission of Zhang Zhung, Part 2 with Geshe Tenzin Yangton

[Learn more](#)

February 24–28, 2016

**Special Zhung Zhung 2 Retreat: The Experiential Transmission of Zhang Zhung, Part 2:
Introduction to the Nature of Mind**

with Geshe Tenzin Yangton

[Learn more](#)

April 1–3, 2016

Spring Retreat: Enlightened Leadership

with Geshe Tenzin Wangyal Rinpoche

[Learn more](#)

May 21–22, 2016

Special Weekend Retreat: Topic To Be Announced

with Khenpo Tenpa Yungdrung Rinpoche, abbot of Triten Norbutse Monastery, Kathmandu, Nepal

June 19–July 2, 2016

Summer Retreat: Sleep Yoga. Attend one or both weeks.

with Geshe Tenzin Wangyal Rinpoche

[Visit the Serenity Ridge website for the full schedule](#)

To register for any of the above retreats, or for more information about teachings in the Bon Buddhist tradition of Tibet, please contact the [Ligmincha registrar](#) or call 434-263-6304, or visit the [Serenity Ridge website](#) .